

perspiration are called the excrements of the human

A man shall try to purify his person as long as he does not be think himself pure; the extent of purification can not be precisely laid down for each individual case. There are two kinds of purification viz.) external and internal, the first consists in cleansing the body with clay, water etc. ; • (ie second is the purification of one's thoughts and ideas.

first, thrice sip water in the manner of the rite of Achamanam, then twice rinse the mouth with water, and after that, thrice sip water with the ball of the thumb. Then repeatedly touch your eye and ears with the tips of the thumb and the index finger joined together. The thumb should be touched with the tips of the thumb and the small finger joined together; and the region of the heart, with the palm of the hand. The head should be touched with all the fingers, united together, and the back of the arms should be touched with the tips of fingers by rounding the hand. A Brahman shall thrice sip water in the manner of Achamanam for propitiating the (three Vedas, the Rik, the Yajur and the Saman. Similarly, by twice rubbing the head he shall propitiate the Arthava Angirasa, as well as the Itihāsas, the Puraṇas and the Vedāṅgas and the Śāstra. He should utter the principle of air, in his nostrils; the sun, in his sight; the quarters, of the skies, in the chord of vitality in His umbilicus, the

^ud th^ supreme Brahma, a,t his heart.
The god Rudra |?
pleased by one touching one's head, white
the Risbis are
propitiated by one touching the tuft of hair on
one's crown,
^t the time of performing an Achamanam.
The lord of
death, Indra, Varuna, Kuvera, the Earth-
goddess and. the
fire-god |r^ pleased by Qfte touching one's anus,
at the
said time. He shall feel the contact of
Vishnu; ai?d
by touching the soles of his feet; and that of
Vishnu alone
by touching his &nns. 0 fhoa-t)yice born one,
the celestial
serpents V&suki etc.% 3J& ptopi^iated by the
water tjjat